

Where can I get the HIV test?

Most county health departments and family planning clinics in Montana provide HIV tests and counseling. Private providers and clinics may do HIV tests, too.

Two ways to get an HIV test

You can choose the kind of test that you are most comfortable with:

ANONYMOUS — You may want to get an HIV test without giving your name. You don't have to give your name when you get a test at the places listed on the back of this brochure. Results can only be given to you in person and you are the only person who will know your results.

CONFIDENTIAL — You can also get an HIV test confidentially; your name will be recorded on your medical forms. Confidential tests are offered in many healthcare professional's offices and clinics in Montana.

More information on the web:

cdc.gov/hiv/basics

dphhs.mt.gov/publichealth/hiv

HIV Testing Locations

Billings

RiverStone Health	247-3305
Yellowstone AIDS Project	245-2029
Montana Migrant Council	248-3149

Bozeman

AIDS Outreach	451-5718
Bridgcare	587-0681
Connections	813-8209

Butte

Family Services Center	497-5080
------------------------	----------

Great Falls

Cascade City-County Health Dept.	454-6950
----------------------------------	----------

Havre

Hill County Health Dept.	265-5481 ext. 266
--------------------------	-------------------

Helena

Lewis and Clark Public Health	457-8900
-------------------------------	----------

Kalispell

Flathead City-County Health Dept.	751-8150
-----------------------------------	----------

Lewistown

Central Montana Family Planning	535-8811
---------------------------------	----------

Missoula

Missoula City-County Health Dept.	259-3896
Open Aid Alliance	543-4770
FDH & Associates	829-8075
Partnership Health Center	258-4789

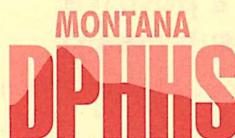
Pablo

Salish/Kooteni College	275-8378
------------------------	----------

To find more testing locations in MT visit getcheckedMT.org

For additional information or more copies of this publication contact Montana STD/HIV Section

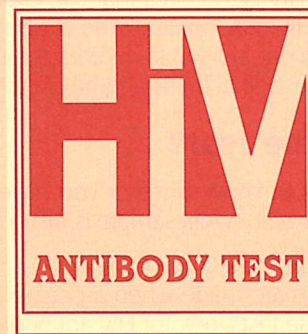
406-444-3565



4,000 copies of this public document were published at an estimated cost of \$0.059 per copy, for a total cost of \$236.00, which includes \$236.00 for printing and \$0.00 for distribution.

Funded 100% by cooperative agreement from the Centers for Disease Control.
Revised 07/16

MONTANA



Department of Public Health and Human Services

Who Should Get an HIV Test?

What is HIV?

HIV is a virus that weakens your body's ability to fight off sickness. HIV is the virus that can cause AIDS. A person with HIV may not know he or she has it. HIV can pass from one person to another through blood, semen (cum), vaginal fluids and breast milk.

What is the test?

The only way to know whether you have HIV is by having an HIV test. A test sample is taken to look for HIV antibodies.

HIV antibodies are made when a person is infected with HIV. These tests look for HIV antibodies to learn if someone is infected.

This is not a test for AIDS. A positive result would only mean that you have been infected with HIV and could develop AIDS in the future.

Types of Tests - Screening/Confirmatory

Rapid – A 15-20 minute test using a fingerstick drop of blood or an oral swab. It is 99% accurate.

Venipuncture-blood drawn from vein, sent to laboratory: Results in 3 to 5 days. This test confirms the screening test.

Should I be tested?

HIV is found in blood, semen (cum), vaginal fluids and breast milk. The virus can be passed to others through any of these body fluids. For HIV to pass from one person to another, the infected person's blood, semen or vaginal fluids must get into the body of another person. The HIV virus can enter through the vagina, penis, anus, mouth, or a cut in the skin.

HIV Antibody Window Period



You may need the HIV test, if now or in the past...

- You have been diagnosed or treated for a sexually transmitted disease or hepatitis since last test
- You have had more than one sex partner.
- You have ever injected drugs.
- You have sex with someone else who shoots illegal drugs.
- You have unprotected sex (sex without a "rubber"/latex condom) with someone who has HIV.
- You are pregnant or considering pregnancy and have had more than one sex partner.
- You have ever shared tattoo or body piercing needles.
- You are a man who has sex with men

What does a negative HIV test result mean?

It means you are probably not infected with HIV. However, since it typically takes the body between three weeks and three months to develop antibodies to HIV, you may test negative, even if you are infected. If you had unsafe sex (did not use a condom) or shared needles or "works" within the last 3 months, you may need to be tested again.

Remember, until you are sure of your HIV status, protect yourself and others from HIV.

A negative test does not mean that you are safe from the virus. Anyone can get HIV. If you take risks with sex or needles, you may get HIV in the future.

What does a positive HIV test result mean?

It means you are infected with HIV. This does not mean that you have AIDS.

You can give HIV to other people through unsafe sex or sharing drug needles.

You can pass HIV to your baby during pregnancy, birth or through breastfeeding.

There are programs in Montana to help stay healthy if you test positive for HIV. They include medicines to help prevent infections, and medicines to slow the spread of the HIV virus. Call your local health department about these programs.

Telling the people you have had sex with or have shared needles with about your positive test can be difficult. The local health department can assist you with notifying your partners.

How can I avoid getting HIV?

Not having sex and not sharing needles or "works" are the surest ways to prevent getting HIV. There are other ways to reduce your risk of getting HIV.

Protect yourself if you have sex:

- Use a new condom each time you have oral, anal or vaginal sex. Latex or polyurethane are best because HIV can pass through lambskin or natural condoms.
- Use water-based or silicone-based lubricants, **NOT** oils or lotions, which can cause a condom to break more easily.
- Pre-exposure prophylaxis or PrEP. Talk to your doctor about this medication.

Protect yourself if you use drugs or alcohol:

- Never share your needles or "works" to shoot drugs.
- Clean your needles and "works" with bleach; soak for 30 seconds, repeat 3 times, then rinse with water several times between every use.

Mixing sex, drugs, and alcohol is risky. If you are drunk or high, it is harder to make good decisions about having sex.

You can't get HIV from casual contact, such as hugging, kissing, sharing kitchen utensils, contact with toilets, or insect bites. You can't get HIV from donating blood.